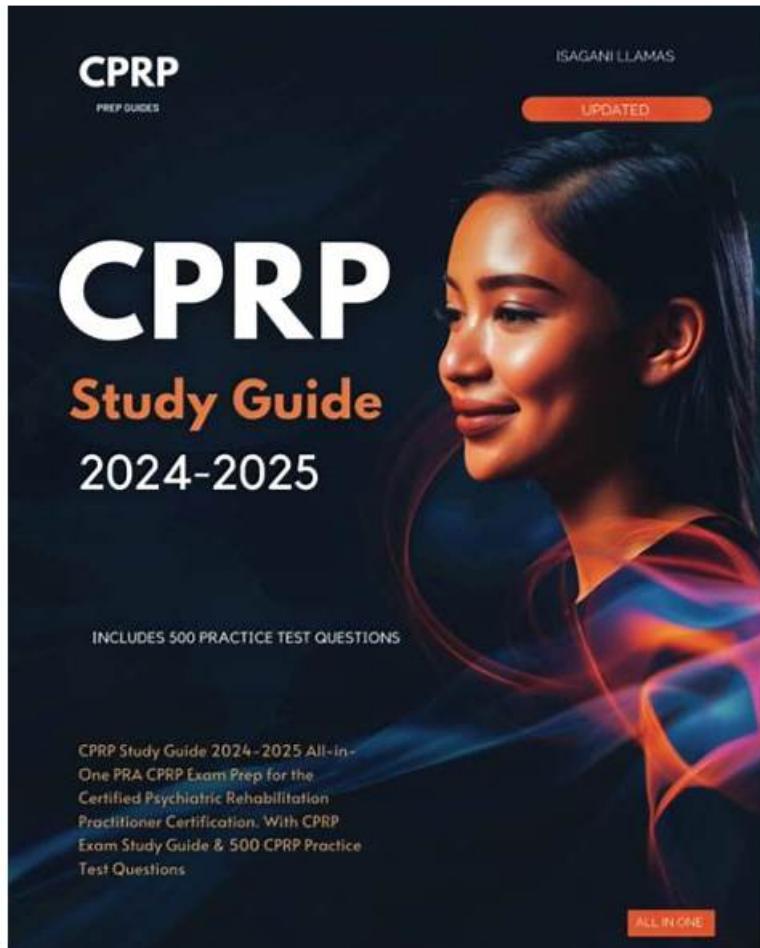


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## Psychiatric Rehabilitation Association CPRP Exam Syllabus Topics:

Topic	Details
Topic 1	<ul style="list-style-type: none"><li>Supporting Health and Wellness: This final domain of the exam measures the skills of Psychiatric Rehabilitation Specialists and focuses on promoting overall well-being alongside recovery. It includes supporting physical health, stress management, lifestyle improvement, and access to wellness resources to enhance long-term recovery outcomes.</li></ul>
Topic 2	<ul style="list-style-type: none"><li>Assessment, Planning, and Outcomes: This section assesses the abilities of Rehabilitation Counselors and focuses on evaluating individual strengths, needs, and preferences. It includes setting recovery-oriented goals, developing personalized plans, tracking progress, and using outcome measures to guide and adjust interventions effectively.</li></ul>
Topic 3	<ul style="list-style-type: none"><li>Professional Role Competencies: This section evaluates the abilities of Rehabilitation Counselors and emphasizes professionalism, ethics, and accountability in practice. It addresses maintaining confidentiality, applying rehabilitation principles, collaborating with multidisciplinary teams, and demonstrating cultural competence and self-awareness.</li></ul>
Topic 4	<ul style="list-style-type: none"><li>Interpersonal Competencies: This section of the CPRP Exam measures the skills of Psychiatric Rehabilitation Specialists and focuses on establishing effective, respectful, and empathetic communication with clients. It covers active listening, trust-building, conflict resolution, and maintaining professional boundaries to support individuals in their recovery journey.</li></ul>
Topic 5	<ul style="list-style-type: none"><li>Community Integration: This domain measures the skills of Psychiatric Rehabilitation Specialists and focuses on assisting individuals in engaging with their communities. It covers supporting access to housing, employment, education, and social networks that foster independence and inclusion within community settings.</li></ul>
Topic 6	<ul style="list-style-type: none"><li>Strategies for Supporting Recovery: This domain measures the skills of Psychiatric Rehabilitation Specialists and focuses on implementing practical and evidence-based methods to promote recovery. It includes empowering clients, fostering motivation, teaching coping skills, and providing support that aligns with person-centered recovery principles.</li></ul>

## Psychiatric Rehabilitation Association Certified Psychiatric Rehabilitation Practitioner Sample Questions (Q14-Q19):

### NEW QUESTION # 14

The true mission of psychiatric rehabilitation is to improve functioning and

- A. decrease stigma.
- B. decrease symptoms.
- C. increase satisfaction.**
- D. increase insight.

**Answer: C**

Explanation:

Psychiatric rehabilitation focuses on enhancing an individual's ability to live, work, and engage in the community while achieving personal fulfillment. The CPRP Exam Blueprint (Domain V: Strategies for Facilitating Recovery) defines the mission as improving functioning (e.g., skills for daily living, employment) and increasing satisfaction with life roles and environments (Task V.A.1: "Promote recovery principles, including self-determination and satisfaction"). Option A (increase satisfaction) aligns with this, as psychiatric rehabilitation prioritizes person-centered outcomes, such as achieving goals that enhance quality of life and personal fulfillment, alongside functional improvements.

Option B (decrease symptoms) is a clinical goal, not the primary focus of rehabilitation, which emphasizes functioning over symptom reduction. Option C (increase insight) is not a core rehabilitation outcome, as insight is secondary to practical and personal goals.

Option D (decrease stigma) is a broader advocacy goal (Domain VI) but not the mission's core focus. The PRA Study Guide defines psychiatric rehabilitation as improving functioning and life satisfaction, supporting Option A.

CPRP Exam Blueprint (2014), Domain V: Strategies for Facilitating Recovery, Task V.A.1.

PRA Study Guide (2024), Section on Mission of Psychiatric Rehabilitation.

CPRP Exam Preparation & Primer Online 2024, Module on Strategies for Facilitating Recovery.

### NEW QUESTION # 15

A strength-focused assessment for psychiatric rehabilitation includes which of the following assessments?

- A. Readiness, functional strengths and needs, and environmental resources/barriers
- B. Ability to change, personal resources, community resources
- C. Knowledge and skills, resources, and barriers for meaningful change
- D. A positive attitude, support systems, opportunities for change

#### Answer: A

Explanation:

A strength-focused assessment emphasizes an individual's capabilities and supports to inform recovery-oriented planning. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) defines such assessments as including readiness (motivation), functional strengths and needs (skills and deficits), and environmental resources/barriers (supports and obstacles) to create a holistic, person-centered plan (Task IV).

A:1: "Conduct functional assessments to identify individual goals and strengths". Option C (readiness, functional strengths and needs, and environmental resources/barriers) aligns with this, capturing the key components needed to leverage strengths and address challenges effectively.

Option A (knowledge, skills, resources, barriers) omits readiness, a critical factor. Option B (positive attitude, support systems, opportunities) is vague and less comprehensive. Option D (ability to change, personal /community resources) is incomplete without functional needs and barriers. The PRA Study Guide details these components for strength-focused assessment, supporting Option C.

CPRP Exam Blueprint (2014), Domain IV: Assessment, Planning, and Outcomes, Task IV.A.1.

PRA Study Guide (2024), Section on Strength-Focused Assessment.

CPRP Exam Preparation & Primer Online 2024, Module on Assessment, Planning, and Outcomes.

### NEW QUESTION # 16

What are the components of a psychiatric rehabilitation diagnosis?

- A. Social skill assessment, psychiatric diagnosis, and an overall rehabilitation goal
- B. Resource assessment, functional assessment, and an overall rehabilitation goal
- C. Readiness assessment, skill management, and resource evaluation
- D. Functional assessment, diagnostic assessment, and skill programming

#### Answer: B

Explanation:

A psychiatric rehabilitation diagnosis focuses on identifying an individual's strengths, needs, and aspirations to guide recovery-oriented planning, distinct from a clinical diagnosis. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) outlines the components as a functional assessment (to identify strengths and deficits), a resource assessment (to evaluate available supports), and an overall rehabilitation goal (to set a person-centered objective) (Task IV.A.1: "Conduct functional assessments to identify individual goals and strengths" and Task IV.A.3: "Assess available resources to support goal attainment"). Option A (resource assessment, functional assessment, and an overall rehabilitation goal) aligns with this framework, capturing the holistic, recovery-focused approach of psychiatric rehabilitation.

Option B (social skill assessment, psychiatric diagnosis, rehabilitation goal) is incorrect, as psychiatric diagnosis is clinical and not part of rehabilitation diagnosis, and social skills are a subset of functional assessment. Option C (readiness assessment, skill management, resource evaluation) mixes assessment and intervention terms, missing the goal component. Option D (functional assessment, diagnostic assessment, skill programming) includes clinical diagnostic assessment, which is not relevant, and skill programming is an intervention, not a diagnostic component. The PRA Study Guide details these components as essential for rehabilitation planning, supporting Option A.

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CPRP Exam Blueprint (2014), Domain IV: Assessment, Planning, and Outcomes, Tasks IV.A.1 and IV.A.3.

### NEW QUESTION # 17

An individual is having difficulty telling the practitioner what goals he wants to achieve. He says that it feels scary to allow himself to dream again. The BEST strategy for the individual and his practitioner to use is to work on

- A. improving problem solving and social skills.
- B. developing coping skills.
- **C. reconnecting with his interests and talents.**
- D. developing self-esteem

**Answer: C**

Explanation:

Difficulty articulating goals, especially due to fear of dreaming, suggests a need to rebuild hope and self-awareness. The CPRP Exam Blueprint (Domain V: Strategies for Facilitating Recovery) emphasizes strategies that reconnect individuals with their strengths and aspirations to foster goal-setting (Task V.A.2):

"Support individuals in identifying personal strengths and interests to inform recovery goals"). Option A (reconnecting with his interests and talents) aligns with this, as exploring interests and talents helps the individual rediscover what motivates him, reducing fear and building confidence to articulate meaningful goals.

Option B (problem solving and social skills) is relevant for implementation but not for initial goal identification. Option C (developing self-esteem) is a longer-term outcome, not the immediate strategy for goal-setting fears. Option D (developing coping skills) addresses fear management but not the core issue of reconnecting with aspirations. The PRA Study Guide highlights strengths-based exploration as key to overcoming barriers to goal-setting, supporting Option A.

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CPRP Exam Blueprint (2014), Domain V: Strategies for Facilitating Recovery, Task V.A.2.

PRA Study Guide (2024), Section on Strengths-Based Goal-Setting.

CPRP Exam Preparation & Primer Online 2024, Module on Strategies for Facilitating Recovery.

### NEW QUESTION # 18

Which of the following techniques is most useful when assessing rehabilitation readiness of an individual?

- A. Interpersonal dialogue
- B. Internal reflection
- C. Summarizing techniques
- **D. Active listening**

**Answer: D**

Explanation:

Assessing rehabilitation readiness requires understanding an individual's motivation and barriers, which is best achieved through empathetic engagement. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) emphasizes active listening as a core technique to elicit the individual's desires, concerns, and readiness for change (Task IV.A.2: "Assess individual's stage of change and readiness for goal-setting"). Option B (active listening) aligns with this, as it involves fully attending to the individual, reflecting their statements, and clarifying their intentions, enabling accurate assessment of their commitment and stage of change.

Option A (summarizing techniques) supports understanding but is secondary to listening. Option C (internal reflection) is practitioner-focused, not assessment-focused. Option D (interpersonal dialogue) is broad and less specific than active listening. The PRA Study Guide underscores active listening as essential for readiness assessment, supporting Option B.

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CPRP Exam Blueprint (2014), Domain IV: Assessment, Planning, and Outcomes, Task IV.A.2.

PRA Study Guide (2024), Section on Readiness Assessment Techniques.

CPRP Exam Preparation & Primer Online 2024, Module on Assessment, Planning, and Outcomes.

### NEW QUESTION # 19

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